



THE POINT

*Moore County Department of Aging in cooperation with
Moore County Resources for Seniors, Inc. and the
Senior Enrichment Center*



*Volume 6, Issue 4
July/August*

**Complimentary
Issue**

Serving older adults in Moore County since 1984

MEET THE STAFF

Terri Prots
Director

Keisha Threadgill
Administrative Secretary

Bill Andrews
Care Manager

Jill Sherman
Program Coordinator

Debbie Hickman, RN
Quality Assurance Supervisor

Callie Smith, RN
Quality Assurance

Diner's Club Managers:
Catherine Johnson
Ila Scott
Renee York

In-Home Aides:
Diane Barber
Cathy Davis
April Foxx
Patsy Garner
Linda Johnson
Inez Lambert
Marie Savannah
Jennifer Thomas
Tara Troublefield

Ann Caliri, CPT
Fitness Room Coordinator

Susan Church, RN
Family Caregiver Advisor

RuthAnne Murphy
RSVP Director

Sue Leary
RSVP Administrative Assistant

Work has begun!



We are delighted to report that work has begun to retrofit the Blue's Crossing facility, located at 8040 US 15-501, into the much anticipated Senior Enrichment Center! Construction crews entered the building on Monday, June 26th, with a completion date estimated for mid-January 2007. We'll keep you posted on the progress!

Donations, gifts, memorials and honorariums continue to be accepted as much work remains to be done. Please contact Terri Prots for more information and/or details.

And the good news continues....

Ann Caliri, Certified Personal Trainer, is the newest addition to the Department of Aging staff and serves as the Fitness Room Coordinator. Ann joined us on June 1st and has been diligently preparing the groundwork for an exciting and successful wellness and fitness program.

Local funds and a health promotion grant from Triangle J Area Agency on Aging provided us with the opportunity to purchase quality commercial grade fitness equipment that we know you're going to love!!

So....great equipment, qualified instructor can only mean that we're ready to PUMP YOU UP! Or at least get you on the road to a healthier lifestyle by encouraging you to incorporate fitness opportunities into your every day life...affordably! Ann will complete an orientation and health assessment for each individual and she can consult with you about nutrition and an appropriate workout regiment. Cost to use the fitness room is only \$1 per visit.





Kitchen Breeze: We'll be Cooking Cool



One way to keep your kitchen cool in the summer is to not cook every day; plan ahead and make meals in advance. Extension agent, **Agnes Evans** will demonstrate other ways to cook and stay cool in the kitchen during these hot summer months.

Samples of the meal and recipes will be made available.

Tuesday, July 25th, 2006
10:00 a.m. – 11:30 a.m.

Moore County Cooperative Extension
707 Pinehurst Avenue, Carthage

Please Call to register: 947-2881

2006 Senior Arts and Crafts Fair

Now accepting vendor applications

If you are 50 or older with hand-made goods or craft items, please join our Arts and Crafts Fair!

Saturday, November 4, 2006

\$20 per table- space is limited!

At Bethesda Presbyterian Church, Aberdeen

Please Call 947-2881

AARP Driver Safety Class

Tuesday-Wednesday, September 19 & 20

10:00 a.m. - 3:00 p.m.

\$10 to be paid first day of class

Instructor: Bob Edens, AARP Volunteer

At the Agriculture Center
707 Pinehurst Ave, Carthage

Join us for valuable information regarding age-related changes to the body that can affect your driving performance. Laws and local driving hazards will also be discussed.

A one-hour lunch break is provided – you may bring a bag lunch or attend a Carthage dining venue.

Some insurance companies offer 10% off of the liability portion; check with your agent today!

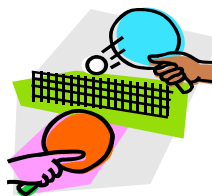


Table Tennis 101

Wednesday, July 19
2:00 p.m. - 3:30 p.m.
Department of Aging office
302 Monroe St., Carthage

The Moore County Department of Aging will christen its new table tennis equipment with a how-to session provided by Oliver Webster with Aberdeen Parks and Recreation.

For more information or to register, please call the Department of Aging at 947-2881. Table Tennis is a NC Senior Games sanctioned event.

Healthy Refreshments Provided!



Learn how to attract bluebirds to your backyard, monitor and set up bluebird houses. Bluebird survival is dependent upon your support and interest!

Tuesday, August 15, 2006

10:00 a.m. - 11:00 a.m.

Sandhills Horticultural Center
at Sandhills Community College

Presenter: Helen Munro,
she has ten years with the NC Bluebird Society
Please call to register: 947-2881

The interest level of forming a local chapter of the National Bluebird Society, sponsored by the Senior Enrichment Center, will also be discussed. Please join us to learn more about these beautiful birds!

Heat Relief

Each year, Progress Energy, along with many individuals, assists older adults to beat the heat by providing funding for fans distributed by the Department of Aging.



To qualify for a fan, a person must be 60 years of age or older, reside in Moore County and have no air conditioning in his/her home. Fans cannot be distributed to those who live in congregate housing or where air conditioning is provided.

Please call 947-2881 if you or someone you know needs relief from the heat.

Play the Hurricane Lottery!

Moore County's Chances of Hitting a JackPot!

**Tuesday, August 8, 2006
Sandhills Community College
Room 103 Van Dusen Hall
6 p.m. - 9 p.m.**

**Refreshments provided during the break
Registration required: 947-2881**

National Weather Service Warning Coordination Meteorologist, Jeff Orrock, is coming to Moore County to share some astonishing research and hurricane data on the chances of "the big one" affecting our pristine community. Are you ready?

What if a hurricane came up through Wilmington, tore through Fayetteville and basically divided our great state in half? All major east-west and north-south roads would be compromised; fallen trees would down power lines; and flooding would cause structural / infrastructure damage.

- ♦ What would your house, your backyard look like?
- ♦ What if all hotels within seventy-five miles were filled with evacuees from the coast?
- ♦ How long could you sustain a level of comfort without power?
- ♦ How much water would you need?
- ♦ How susceptible to floods is the area in which you live? Are you sure?
- ♦ What if the roads to your development were washed away?
- ♦ What will you do with your pets?

Jeff's presentation consists of powerful pictures and details that remind us that hurricanes and other natural disasters are not devastating until humans get in the way. People are often injured or killed while trying to observe the storm or cleaning up debris after the storm. Flooding is the primary cause of tropical-cyclone related deaths over the past 30 years. Flash floods can destroy as thoroughly as tornadoes.

Following Jeff's presentation, Moore County Public Safety Director, Scot Brooks, will advise you on how best to prepare when disaster strikes.

Join us for this informational presentation and make the commitment to get your family prepared!

***Remember, it wasn't raining when
Noah built the Ark!***

Water & Dehydration

By: Ann Caliri, CPT

With the hot summer months upon us, it pays to get into the habit of drinking plenty of water. By the time you become thirsty, it is possible to already be slightly dehydrated.

Signs and symptoms of dehydration include:

*Fatigue Headache Dry mouth
Little or no urination Muscle weakness
Lightheadedness*

Water not only wards off dangerous dehydration but provides many other health benefits. Did you know that water makes up approximately 75% of your body's total composition? It also:

- Carries nutrients to all parts of the body
- Assists in maintaining body temperature
- Flushes toxins out of vital organs
- Lubricates joints
- Provides a moist environment for ear, nose and throat tissues
- Ample water intake turns off the body's "trigger" to retain fluid
- Helps maintain good muscle tone
- Can help control your appetite
- May help break down stored fat
- Helps digest food

Even though you may not necessarily feel thirsty, you need to drink at least 6 to 8 (8 ounce each) glasses of water a day. Athletes, people with high-salt or high-protein diets, or those who live in hot, dry climates need more water each day.

Water counts as tap water, mineral water, spring water and decaffeinated coffee and tea. Additionally, many fruits and vegetables are largely comprised of water and help contribute to your total daily intake.

However, liquids with caffeine, such as regular coffee, tea and many sodas can cause the body to lose fluids. For every serving of caffeinated beverage that you drink, you need to drink an extra 8 oz glass of water.



Enjoy A Safe Picnic

**Eating outdoors in warm weather is a lot of fun, but food borne illness is not.
Use these tips to ensure food safety.**

1. Plan ahead by keeping all perishable food refrigerated or frozen until ready to leave.
2. Wash all fruits and vegetables that will be eaten.
3. Don't forget bottles of water!
4. Have plenty of ice or freezer gel packs on hand when you pack your cooler.
5. Consider a separate cooler for beverages so the food cooler is not opened frequently.
6. Keep uncooked and cooked food separate from each other.
7. Use separate utensils for cooking and serving.
8. Don't put cooked food on the same platter that held raw meat.
9. Cook meat thoroughly.
10. Discard any food left out more than 2 hours or 1 hour if the outside temperatures is above 90 degrees.
11. Always remember to wash your hands before and after preparing food. Disposable wipes are good if hot water is not available.

The mission of the Moore County Department of Aging is to promote independence and dignity of older adults by providing them with access to resources and services that enhance the quality of life and encourage aging with purpose.



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